



A BOOK OF
Table Graces

JOHN LEWIS SANDLIN



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To
GRACE AND HIRAM
MARY AND MARTHA
SANDLIN

PREFACE

A little prayer at mealtime, a word of thanks and praise, a request for God's blessing, an assurance of God's presence—these will be found in this *Book of Table Graces*.

Such prayer at mealtime is a sacrament of unity and strength for the group, especially the family.

These prayers include graces for the three meals, special graces for children, and graces appropriate for outstanding anniversaries.

It is my hope that this book may become a reminder of our dependence upon God's grace, love and mercy which are ours in abundance.

John Lewis Sandlin

Nashville, Tennessee

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MORNING GRACES

Lord of life, Thou giver of every blessing, we thank Thee for the morning light and fellowship around this table. Thou hast blessed us with this food. We accept it in the spirit of thanksgiving. *Amen.*

Our Father, Thou hast blessed us with food and drink. Our daily provision is from Thy bountiful goodness. May we be grateful as Thy children. *Amen.*

O Lord, we lift our hearts in the spirit of gratitude for Thy goodness to us. Thou hast given more than we deserve. We are grateful for everything. In the Master's name. *Amen.*

Our Father, with grateful hearts we bow before Thee. Accept our thanks for these and other blessings. May we remember to be generous to others. *Amen.*

Thine, O Lord, we are, and Thee we desire to serve. As we accept these provisions of Thy love, we would be humbly grateful. In Jesus' name. *Amen.*

Thou, O Lord, hast given these provisions for the nourishment of our bodies. We thank Thee. Thou hast blessed us with health and strengthened us in body. We are grateful; through Jesus Christ our Lord. *Amen.*

Eternal and beneficial are Thy mercies, O Lord. So many evidences of Thy generosity remind us to give thanks. *Amen.*

Dear Lord and Father, may we be sincerely mindful of our obligation to pause in humility and gratitude for these and other blessings. We accept them in the spirit of the Master, in whose name we pray. *Amen.*

Our Father, make us thoughtful and attentive to the needs of those who are less fortunate than we ourselves. With grateful hearts we bow in Thy presence. *Amen.*

Our Father, so many evidences of Thy love are before us: the morning light, the fellowship of family and friends, this food we are about to receive. We are humbly grateful for all. *Amen.*

Heavenly Father, we thank Thee for this meal. Bless us as we eat it and prepare us to be useful in Thy service; for Christ's sake. *Amen.*

Our heavenly Father,
By Thy providence are we fed;
Through Thy love we share this fellowship.
In this meal we find our bread
And offer thanks for living friendship. *Amen.*

Our Father, accompany us through this new day; help us to find sustenance in this food Thou hast provided, that we may better serve Thee and our fellow man. In the attitude of Jesus. *Amen.*

Our Father, with grateful hearts we give thanks for our rest during the night. And now we bless Thee for this food and family fellowship. In the Master's name. *Amen.*

So close are we to Thee, O Lord;
So dependent do we feel.
Accept our thanks that we may see
Thy great provision through this meal. *Amen.*

Heavenly Father, Thou hast smiled upon us through the blessing of this food. Thou hast provided for every need. May we be grateful for Thy bountiful care for us; in Jesus' name. *Amen.*

O Lord, accept our thanks for food and drink and raiment. Abide with us as we partake of this meal. *Amen.*

Be present here with us, O Lord. Remind us of our obligation to give thanks for these and other blessings that come so freely from Thy bounty. *Amen.*

With gratitude we lift our thoughts to Thee, O Lord. How wonderful Thou hast been to us through the provision for our needs! We would accept them in Thy name. *Amen.*

Our Father, as we receive these tokens of Thy love, help us to remember to feed others who are hungry. In Thy name. *Amen.*

Heavenly Father,
With thankful hearts renewed,
With fellowship unbounded,
With gratitude expressed,
We accept this food. *Amen.*

Bless us, O Lord, and prepare our attitudes with the spirit of thanksgiving as we receive this blessing of food; through Jesus Christ our Lord. *Amen.*

Thou Giver of life and health and strength, we praise Thee for this day. Make us truly thankful for this food that sustains our physical bodies; through Jesus Christ our Lord. *Amen.*

Gracious Father, we come to partake of this food that brings strength to our bodies. Enliven our spirits and renew our enthusiasm for Thy work; in the name of Christ. *Amen.*

Dear Lord and Father, who hast provided for every need, we thank Thee for these and all other blessings. In the Master's name. *Amen.*

Our Father, may this new day be one of thanksgiving and praise. As we receive this food, make us strong to do Thy will; in Thy name. *Amen.*

May Thy sustaining grace abide with us, as we offer unto Thee our thanks for this meal. Bless us by Thy presence; through Jesus Christ our Lord. *Amen.*

Our Father in heaven, bless Thy creatures everywhere. Use us to provide food for the hungry. We give Thee thanks for this, our daily bread that bringeth strength. *Amen.*

Our Father, may we receive this food as a symbol of Thy provision for our physical and spiritual sustenance. We are grateful for it. *Amen.*

Eternal God, so may we worship Thee this day that all we receive will remind us to be thankful; through Jesus Christ our Lord. *Amen.*

Our Father, with gratitude and humility, we accept these tokens of Thy sustaining love. In the Master's name. *Amen.*

May we thank Thee for all we now receive. Thou hast blessed us with more than we could ever deserve. Help us to use it for Thy glory. *Amen.*

O Lord, from whom all blessings flow without limitation, we give Thee thanks for this food. With grateful hearts we accept it; in Thy name. *Amen.*

For the rest in the night and the promise of the day, we thank Thee, Lord. We are grateful for all Thy Provision for our physical and spiritual needs. Bless us as we wait in Thy presence. *Amen.*

Heavenly Father, without whose sustaining grace we cannot live, we bless Thee for these material expressions of Thy love and care. Abide with us as we eat it; in Thy name. *Amen.*

Sustain us, O Lord, through the nourishing qualities of this food we are now receiving. Make us grateful for it; in the name of Jesus. *Amen.*

Thou hast given us food for our bodies and fellowship to cheer our spirits. Be present with us here, that we may thank Thee; through Jesus Christ our Lord. *Amen.*

Eternal God our Father, we thank Thee for the provision of food and drink that are before us here. May we respond to Thy call as our bodies are fed. In Jesus' name. *Amen.*

By Thy bountiful provision for these our needs, by Thy generosity, Thou hast blessed us, O Lord. We are grateful; help us to express our love for Thee and for one another. *Amen.*

Our Father, we acknowledge our continuing dependence upon Thee. As we receive nourishment through this meal, may we be humbly grateful. For Christ's sake. *Amen.*

Our Father, Thy goodness to us here reminds us to bow and express to Thee our gratitude for all Thy blessings. We find our needs supplied abundantly. We accept this food with grateful hearts. *Amen.*

Bless us, O Lord, with health and strength. We now receive this food, knowing that we are unworthy; yet we accept it in the knowledge of Thy presence. Bless us all. In Thy name. *Amen.*

Our heavenly Father, with grateful hearts we give Thee thanks for life, for truth, and for love. Thou hast blessed us in so many ways; we cannot count them. Thou hast led us in pleasant places. *Amen.*

Our Father,
For the beauty of this day,
For the life-giving power of this food,

We offer Thee our thanks and say,
"We are filled with gratitude." *Amen.*

Our Father, so replenish our hearts with gratitude for this blessing of food, that as we eat it we may feel the necessity of sharing our strength through service to our fellow beings. Through Christ our Saviour. *Amen.*

Dear Lord, we are thankful for the fellowship we find around this table. May we enjoy the meal in the spirit of new understanding; through Jesus Christ our Lord. *Amen.*

Our Father, we thank Thee for these elements that sustain our physical lives. Renew our spiritual insight, that we may do Thy will as we are able to discover it. May we experience the power of spiritual blessing. *Amen.*

To Thee, O Lord, we lift up our hearts in the spirit of thanksgiving. We praise Thee as we remember Thy benefits to us and to all Thy people everywhere. *Amen.*

May the food we receive and the nourishment it provides give us strength to serve throughout this day. We are mindful of Thy presence here. *Amen.*

Our heavenly Father, Thine we are. From Thee this food comes to us. May we receive it in Thy name with gratitude. In Jesus' name. *Amen.*

Hear us, O Lord, as we offer our thanks for this expression of Thy love and life-giving substance. Make us adequate for the demands of this new day; settle our affections

upon those attributes of brotherly kindness; through Jesus Christ our Lord. *Amen.*

Our Father,

Thou hast blessed us with a new day;

Thou hast preserved our lives;

Thou hast fed us abundantly.

We are thankful for everything. *Amen.*

Our Father, Thou art gracious to us. Thou dost provide for our physical sustenance through this meal. Thou hast given us time, the gift of opportunity. With gratitude in our hearts we are mindful of Thy presence. *Amen.*

Heavenly Father, we rejoice in Thy goodness to us. Thy providential care reminds us to give thanks as we receive this food. In Thy name we accept it. *Amen.*

Our Father, this food is from Thee; Thou hast blessed us through its uses. We thank Thee for Thy continued care. In Jesus' name. *Amen.*

With gratitude and expectancy, we bow and offer our thanks to Thee, O Lord. Thou hast given these tokens of life for the benefit of Thy children. We receive them from Thy hand. In the Master's name. *Amen.*

Again we bow and thank Thee, Lord,

For blessings, each and all.

We thank Thee for Thy living word

As on Thy name we call. *Amen.*

Help us, O Lord, and bless us with strength to serve Thee all the day long, so that when the evening comes and we finish The work Thou hast given, we may have Thy blessing. In the Master's name. *Amen.*

NOON GRACES

Lord, Thou hast fed us with the bread of life; Thou hast quenched our spiritual dryness. We thank Thee for this gift of food. Bless it to our use and fit us for Thy service. *Amen.*

We give thanks to Thee, Our Father, and ask Thy blessing upon this food we now receive in Thy name. *Amen.*

Thou, O Lord, hast given us this day. Thou hast blessed us with health and strength and bread to sustain our physical lives. We are thankful for all. *Amen.*

Our Father, may Thy blessing rest upon us as we receive this meal. With humility and gratitude we accept it; in Jesus' name. *Amen.*

Heavenly Father, Thy loving-kindness has inspired our lives; the abundance of food before us evidences Thy care for our needs. We are grateful; through Jesus Christ our Lord. *Amen.*

Eternal Father, let Thy favor rest upon us as we partake of food and drink. Strengthen our bodies and enlighten our minds; make us Thine through the service we render. In Thy name. *Amen.*

NOON GRACES

It is good to give thanks unto Thee, Our Father. May our gratitude go forth to become a part of the flowing love that grows in fellowship with Thee. *Amen.*

Lord, Thou hast made us glad to receive these tokens of Thy blessing and power. Thou hast fed us bountifully. We thank Thee; through Jesus Christ our Lord. *Amen.*

Thou Giver of life, Creator of all goodness, bless this food for our nourishment; equip us for the usefulness we need in the tasks of this day. May we obey Thy will as we find it revealed in Jesus Christ our Lord. *Amen.*

Make us fruitful in service, patient in toil, and obedient to Thy will. As we receive this meal, make us truly thankful. In the Master's name. *Amen.*

O come, let us give thanks to the Father of light who has provided this blessing of food for our enjoyment. Let us be grateful to Him now and for ever. *Amen.*

Lord, Thou hast given us food, clothed our bodies, and sheltered us from discomfort. Thou hast blessed us with this meal. We thank Thee; in Jesus' name. *Amen.*

With kindred hearts we bow before Thee, our Father. We are conscious of Thy presence at this table. We are humbly grateful for these blessings; through Jesus Christ our Lord. *Amen.*

We marvel as we think of all Thou hast given for the uses of Thy children. Bless this portion of Thy bounty and prepare us to receive it in Thy name. *Amen.*

Eternal God, our Father, with wisdom Thou hast provided these symbols of life. May we partake of them in the attitude of the Master, whose life is one of thanksgiving. *Amen.*

Our Father, as Thou hast fed us and preserved our lives, we would ask for spiritual sustenance also. Prepare us to receive Thy blessing; through Jesus Christ our Lord. *Amen.*

Our hope is in Thee, O Lord. Our lives depend upon Thy provision for every need. We are grateful for Thy blessing. *Amen.*

Heavenly Father, prepare us to receive the blessing of food. May we be guided by Thy spiritual power. With grateful hearts we wait before Thee. *Amen.*

Let us find here that sustaining grace we need for every time of stress. Teach us how to be thankful for this and all other benefits; through Christ our Lord. *Amen.*

Our Father, Thou hast made us glad and given us food. Around this table we unite our minds and hearts in the spirit of thanksgiving. *Amen.*

So full of power and living hope art Thou, O Lord! We thank Thee for this feast Thou hast prepared for the nourishment of our bodies. May we use it for Thy glory. *Amen.*

Our Father, restore to us the glow of fellowship and mutuality as we receive these blessings of food and drink; in Jesus' name. *Amen.*

Be Thou our Guide as we receive these tokens of Thy love. Bless us everyone; in Thy name. *Amen.*

Heavenly Father, may we find in this food the nourishment and life-giving sustenance we need. With gratitude we accept all Thou hast given; in the Master's name. *Amen.*

Our Father, create in our lives a desire for service; equip us for the work of this day. Bless this meal which Thou hast set apart for our benefit; in Thy name. *Amen.*

Let us find here, O Lord, the inspiration to be of service to Thee and to our fellow beings. Bless this food and strengthen our association; through Jesus Christ our Lord. *Amen.*

Gracious Father, may the thoughts of our minds and the inspiration of our hearts be cleansed through fellowship with Thee. We ask Thy blessing; in the Master's name. *Amen.*

With grateful hearts and open minds we ask Thy blessing upon us as we eat this meal. We are thankful for it. In the name of Christ our Lord. *Amen.*

Lord, grant us strength to meet the demands of this day. Bless this food Thou hast given for the nourishment of our bodies. May we receive it with thankful hearts. *Amen.*

Our Father, may we share the fellowship of one another as we assemble here. Bless this food to the strengthening of our physical bodies; in Thy name. *Amen.*

Lord, Thou hast created life and sustained it by The never-failing grace. Bless us with Thy presence. Make us truly thankful for all Thy benefits. *Amen.*

Dear Lord and Father, we ask Thy blessing upon us as we prepare our hearts for receiving this bountiful provision for our physical strength. We are grateful for Thy remembrance of Thy children. *Amen.*

Thou hast provided this feast that we enjoy. Help us to receive it by faith and in the spirit of thanksgiving. *Amen.*

In Thee, O Lord, we have found the source of every blessing. Thou hast satisfied us with this abundant provision for our physical needs. Accept our gratitude. *Amen.*

Our Father, Thou hast turned to our needs the nourishing qualities of food and drink. Thou hast freely given of Thy bounty. We are grateful for these and all other blessings. *Amen.*

Be with us here, O Lord, and help us to be thankful for this meal Thou hast provided for the nourishment of our bodies. In the name of Christ. *Amen.*

Heavenly Father, hear our supplication. We wait in Thy presence to be fed by the elements of Thy love. With humble thanks, may we leave this place to serve; in Thy name. *Amen.*

Teach us, O Lord, to be attentive to Thy voice as we receive this blessing of food. With thanksgiving and praise we accept it; in Thy name. *Amen.*

Blessed be Thy name, O Lord! We are grateful for this material expression of Thy care for us. Thou hast brought gladness to our hearts and restored our strength to serve; in Thy name. *Amen.*

Our Father, as we receive these symbols of Thy blessing to all creatures, may we lift our hearts to Thee with thanksgiving and praise. Strengthen us for this day's opportunities; in Jesus' name. *Amen.*

So fill our hearts with Thy love, our Father, that we may share the strength Thou dost give. Help us to help others. We praise Thee for Thy goodness to us; through Jesus Christ our Lord. *Amen.*

Bless us, O Lord, with the presence of Thy Spirit. Enable us to accept the duties of this day. Strengthen our hands that we may be useful to our fellow man. We thank Thee for this food. *Amen.*

Heavenly Father, who hast given us life and provided food to nourish our bodies, we are grateful for Thy blessing. Be Thou our guide; through Jesus Christ our Lord. *Amen.*

These things we remember, O Lord, as we bow before Thee: the blessing of life, the gift of food, the pleasing nature of fellowship, the continual care Thou dost give us. With gratitude we praise Thee; through Jesus Christ our Lord. *Amen.*

O God, abide with us and bless us. Grant us understanding and help us to be diligent as we go forth to find

our work. We are thankful for this food that gives strength. *Amen.*

Heavenly Father, have mercy upon us and bless us by Thy presence. Thou hast satisfied our hunger through the blessing of food and nourishment. We turn to Thee with gratitude. *Amen.*

To Thee, our Father, we offer our thanks for this expression of Thy love. It is wonderful to be here and share the fellowship of those we love. Be with us and use us for Thy glory. *Amen.*

Teach us Thy way, O Lord, and prepare us to receive Thy blessing as we share this meal; in Thy name we pray. *Amen.*

Thou art our strength. Thou hast given of Thy bountiful goodness. We are thankful for Thy presence. *Amen.*

Be exalted, O Lord, as we praise Thee for this provision for our daily needs. With thankful hearts we praise Thee; through Jesus Christ our Lord. *Amen.*

Our Father, who art present with us, may we dwell in the unity of Thy Spirit. We would worship Thee at this time and give thanks for this food. In Thy name. *Amen.*

Preserve us, O Lord, and grant that we may accept these blessings in the attitude of thanksgiving. *Amen.*

Our Father, be Thou in our midst and bless this meal. Cause us to find nourishment for our physical lives, that

we may be strengthened to do Thy bidding; in the Master's name. *Amen.*

Thou who art compassionate and forgiving, bless us with strength and health as we accept this nourishment. May the beauty of Thy Spirit bring gladness to our hearts. With gratitude we worship Thee; in Jesus' name. *Amen.*

Our Father, we know that by ourselves we are helpless. Thou hast strengthened us by the provision of food and fellowship. With thankful hearts we accept it; in Thy name. *Amen.*

In this dear place, O Lord, we find our rest and satisfy our needs through Thy blessing of food and drink. Thou hast loved us beyond our deserving. We are grateful. *Amen.*

Blessed art Thou, O Lord, and greatly to be praised for Thy tender mercies. Make us glad according to Thy loving-kindness to us. In Thy name we pray. *Amen.*

We find Thy blessing here, O Lord; this food sustains our strength for the work of this new day. Accept our thanks and abide with us; through Jesus Christ our Lord. *Amen.*

Our Father, direct our thoughts as we find sustenance in this food. May Thy love abide in our hearts and guide us through this day. *Amen.*

Heavenly Father, purify our desires and help us to find grace in Thy sight. We thank Thee for this food. *Amen.*

Inspire us, O Lord, by the presence of Thy Spirit. As we enjoy this food, may we give thanks for all Thy blessings; through Jesus Christ our Lord. *Amen.*

Our Father, we praise Thee for the light of the morning and the fellowship of family. Thou hast blessed us with good food and placed us here to serve and to enjoy our relationships with one another. With humble hearts we thank Thee; in Jesus' name. *Amen.*

Thou hast blessed us by Thy presence, O Lord. We offer Thee our thanks and pray Thy blessing on this meal. Abide with us always; in Thy name. *Amen.*

Our Father in heaven, we ask Thy blessing on those who gather 'round this table. May we enjoy this fellowship in the attitude of friendliness. *Amen.*

For Thy tender mercy and wise provision for our physical needs, we offer our thanks to Thee, O Lord. Be with us as we share; in Thy dear name. *Amen.*

Our heavenly Father, Thine we are and Thee we desire to serve. Make us glad according to all Thou hast given us. Bless this food and grant us strength to serve. In Thy name. *Amen.*

Thou who satisfiest our hunger with the good things of life, accept our thanks for this food. Strengthen us for all we should accomplish; in Thy name. *Amen.*

Thou hast blessed us by Thy mercy, Lord. Endow us with strength to perform the duties of this day. Make us

fruitful in service; inspire us by Thy Spirit. In Jesus' name. *Amen.*

Our Father, who hast equipped us for meeting another dawn, bless us with new strength as we receive this food. We are grateful for all Thy blessings. In the Master's name. *Amen.*

Gracious Lord and Father, by Thy mercy we have received this food. With thankful hearts we bow in Thy presence and ask Thy blessing. In the Master's name. *Amen.*

As we hunger for food, O Lord, may we desire fellowship with Thee. Thou art mindful of our needs; Thou alone hast satisfied our longings. We thank Thee for Thy great generosity. *Amen.*

Our Father, lift up our hearts and cause us to seek Thy fellowship. Bless us with the desire to be of service to others. We are grateful for Thy presence here. *Amen.*

Our Father, we seek Thy presence as we break bread and share this fellowship. Let us be thankful for Thy provision for us. *Amen.*

Our Father, with gratitude and a feeling of dependence upon Thee, we ask Thy blessing on this meal. Endow us with the spirit of understanding and helpfulness; in the name of Christ. *Amen.*

Prepare us now, O Lord, and make us thankful for Thy goodness to us. Bless this food to the edification of our bodies; in Jesus' name. *Amen.*

Our Father, these symbols of Thy love remind us to consider the greatness of Thy bountiful care for us. Grant us grace to follow Thy leading; through Christ our Lord. *Amen.*

Heavenly Father, may Thy grace fill our hearts with the spirit of thanksgiving for what we here receive; in Thy name. *Amen.*

Our Father, restore to us the glow of thanksgiving for all the benefits we have received. Continue to all people everywhere Thy never-failing compassion. In the name of Christ our Saviour. *Amen.*

For all the blessings we have received, our Father, we offer Thee our thanks. We bow in Thy presence with gratitude; in the Master's name. *Amen.*

Our Father, increase our faith as we bow in Thy presence. Let us receive not only the material substance but also the spiritual guidance we need. With gratitude we come before Thee; through Jesus Christ our Lord. *Amen.*

We believe in Thee, O Lord, and ask Thy blessing. Our hearts are open to Thee. With thanksgiving we pause to acknowledge our dependence upon Thy generosity. *Amen.*

Heavenly Father, who art our light and our salvation, may we be gracious and thankful for these provisions of food and drink. With humble hearts we ask Thy blessing; in Thy name. *Amen.*

Blessed be Thy name, O Lord. Thou art the strength of our lives. Be with us as we express to Thee our grateful thanks for every blessing. In the name of Christ. *Amen.*

Stir us, O Lord, and make us conscious of Thy generosity. Sanctify this food to our uses and fit us for Thy service; in Jesus' name. *Amen.*

O Lord, who art the way and the highest of all. Accept our thanks. We are Thy children who look to Thee for everything. Thou hast supplied our need, and we are satisfied; through Jesus Christ our Lord. *Amen.*

Thy blessing we have found, O Lord;
Thy mercy we have shared.
Now may we offer Thee our word
Of gratitude for food prepared. *Amen.*

Heavenly Father, we offer unto Thee our thanks for the benefits of Thy love to us; in the name of Christ our Lord. *Amen.*

Our Father, pour upon us Thy grace; fit us for the work of another day. Strengthen us through the uses of this food. With grateful hearts we accept it; in Thy name. *Amen.*

Heavenly Father, may we receive this food in the spirit of gratitude. We dedicate ourselves to Thee in greater devotion; through Jesus Christ our Lord. *Amen.*

Our Father, we are needy creatures; we depend upon Thy sustaining power. Thou hast provided for our needs; we are grateful. *Amen.*

Lord of life, we offer unto Thee our gratitude for another day with all its benefits. Thou hast blessed us with infinite resources for our physical and spiritual refreshment. Abide with us. *Amen.*

Let us find here, O Lord, new strength for our tasks. In the hours of this day, make us useful to our fellow man and to Thee. *Amen.*

Heavenly Father, whose guidance we seek, bless this food and strengthen our hands for all we are to do for Thee. Grant that we may share the fellowship of Thy Spirit and be thankful; through Jesus Christ our Lord. *Amen.*

Gracious Father, bless our fellowship and grant us grace to see the way that is before us. With living faith we offer unto Thee our thanks. *Amen.*

Our Father, unite our hearts in the bond of Christian fellowship and service. Be with us as we share Thy blessing. Create within our lives resources we so greatly need. We offer our thanks in Jesus' name. *Amen.*

Dear Lord, enlarge our desire to be useful and efficient in Thy service. Bless those who have provided this food for our benefit, and make us thankful for all Thou hast given. *Amen.*

Eternal God, we thank Thee for home and family, for food and fellowship, for truth and love. Make us glad as we receive this meal; with gratitude we pray. *Amen.*

Thou who art the Source of our strength, we rejoice that Thou art mindful of our needs. Bless us as we offer our thanks. *Amen.*

EVENING GRACES

At the close of day, our Father, we come to give Thee thanks for all Thy benefits. Be Thou the inspiration of our lives; increase our appreciation for one another; in the name of Christ. *Amen.*

Our Father,
In the fullness of this day,
As the evening shadow lengthens,
May we seek and find Thy way,
As this food our bodies strengthens. *Amen*

Dear Lord, so full of activity has this day been! We have received so much of value from our association with one another. And now we come to share this meal; may we receive it in the spirit of thanksgiving. *Amen.*

Our Father,
Thy blessing here we find,
Beyond all ken or measure.
Remind us to be kind,
As we Thy love here treasure. *Amen.*

Heavenly Father, make us mindful of our fellow man and his needs. As through the night we rest, be with us and prepare us for the morrow. We thank Thee for this food Thou hast so freely given. *Amen.*

EVENING GRACES

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Heavenly Father, Thou hast provided the necessities of life. We thank Thee for the benefits of another day. As we receive this evening meal, may we accept its strengthening power with gratitude to Thee. *Amen.*

How great is Thy goodness to us, O Lord! Thou hast brought the fullness of life through our frail efforts. Thou hast overlooked and forgiven so much that we have done amiss. Thy patience amazes us. At the close of day we ask that Thou wilt accept our humble thanks for this meal. In Jesus' name. *Amen.*

Thou, O Lord, dost give us life for evermore. With gratitude we ask Thy blessing as we receive this food; in Thy holy name we pray. *Amen.*

Our Father,
In the fullness of this day,
We would thank Thee for this food;
May the strength it gives repay
Every effort that is good. *Amen.*

Fill our hearts with gratitude for the blessing of this day, O Lord. Inspire our minds, and strengthen our bodies, that we may serve the interests of Thy Kingdom. *Amen.*

Our heavenly Father, with gratitude we recall Thy blessings to us throughout the day that is passed. Thou hast given more than we can measure. We lift our prayer to Thee in the spirit of thanksgiving. In the Master's name. *Amen.*

How precious is this twilight hour wherein we receive this meal! Enable us to express to Thee our delight and offer our thanks to Thee for every blessing Thou hast bestowed. Thank you, Lord. *Amen.*

Our Father, we are thankful for these sustaining elements. Beyond our ability to express, are the thoughts that come to us reminding us of Thy goodness. Bless us as we partake of this food. *Amen.*

Our Father,
 For the opportunities Thou hast given;
 For whatever success Thou hast enabled us
 to achieve under Thy guidance;
 For this food Thou hast provided,
 we offer our thanks. *Amen.*

Thou, O Lord, hast continued to provide for our physical needs. Thy mercies to us are immeasurable. We are grateful. *Amen.*

Lord, we are thankful for this fellowship of sharing. Bless this food to our effectiveness, and use us for Thy service. Renew our strength that we may give our best in our responsibilities. *Amen.*

Our Father,
 We thank Thee for this day of grace;
 Make glad our hearts with good.
 Be with us in this holy place,
 That we may share this food. *Amen.*

With constancy of life and heartiness of soul, we approach this food and ask Thy blessing. Teach us, O Lord, the spirit of thanksgiving; through Jesus Christ our Lord. *Amen.*

Thou didst provide this food, Our Father, for life, growth and service. May we accept it with humility and thanksgiving. Help us to find the meaning of Thy grace; in the Master's name. *Amen.*

Dear Lord, may Thy blessing rest upon us as we receive this meal. Increase our gratitude for all Thy benefits to us and to all people. May we be wise in the choices we make, and constant in our faith in the best. Grant us rest as we retire. *Amen.*

Lord, bless us as we seek to share
 The blessings of this hour;
 Fill us with gratitude to Thee
 For Thy great love and power. *Amen.*

Eternal are Thy mercies to us, O Lord. At the close of day, we would express our gratitude for the blessing we receive through this food. *Amen.*

Our Father,
 Thou hast given to us this food;
 Thou hast blessed us with Thy presence.
 We are grateful for Thy love expressed.
 Help us to be useful in Thy service.
 Through Jesus Christ our Lord. *Amen.*

Heavenly Father, may Thy will be done in our lives as we call upon Thee here. With gratitude we accept this food; in the name of Jesus. *Amen.*

Be Thou our strength, O Lord, as we offer unto Thee our thanks for these and other blessings. *Amen.*

Our Father, we realize anew the importance of Thy abundant care for our lives. May we appropriate this blessing of food to the nourishment of our bodies, that we may serve Thee with our whole heart. *Amen.*

Eternal God, who hast created all things, we are thankful for these material expressions of Thy love toward us. Sustain us by Thy grace, and grant us peace; in Thy name. *Amen.*

For fellowship sincere,
For blessings that we share,
For friendships good and kind,
We give Thee thanks, O Lord. *Amen.*

Good Lord, be near us as we wait in Thy presence. Revive our spirits as we receive this food. Help us to find Thy will for our lives; through Jesus Christ our Lord. *Amen.*

With humble hearts we bow in Thy presence, O Lord. We are dependent upon Thee for these life-giving elements. Accept our thanks for life; in the name of Christ. *Amen.*

Heavenly Father,
Our lives by Thine are blessed;
Our thoughts by Thine refined.
We are dependent on Thee now
For food for soul and mind.
Accept our thanks, O Lord. *Amen.*

Gracious Father, who hast provided for our needs, we are grateful for this food. May we eat it with the knowledge of Thy wise provision for every need. *Amen.*

Our Father, prepare our minds and warm our hearts as we give thanks for this meal. Thou hast created abundantly the sustaining elements we are to receive in Thy name. *Amen.*

Thou, who hast blessed us with these tokens of Thy love, fill our hearts with thanksgiving and praise to Thee for everything we now receive; in Thy name. *Amen.*

Gracious Father, we rejoice that Thou hast given us food and drink. As we share Thy presence here, help us to enjoy this meal. We thank Thee for it; in the Master's name. *Amen.*

Bless us, O Lord, with Thy continued care, that as we receive this food we may find fellowship with one another and with Thee. With grateful hearts we accept it; in the spirit of the Master. *Amen.*

Heavenly Father, grant us rest through the night, until the morning breaks and the sun appears, our rest is com-

plete, and we face another day. As we eat this food, our gratitude wells up and overflows. Accept our thanks; in the Master's name. *Amen.*

Our Father, we have found so many things for which to thank Thee. At this time we offer our gratitude for this meal. *Amen.*

Our Father,
Lead us in Thy truth;
Protect us by Thy kindness;
Shield us from ingratitude.
Make us thankful for every benefit we have received from
Thy hand.
Bless this meal and those who partake of it; through Jesus
Christ our Lord. *Amen.*

Teach us Thy way, O Lord, and help us to find the strength for our lives. Increase our faith, and multiply our love. Bless this gift of food we now receive in Thy name. *Amen.*

Draw us unto Thee, O Lord, that we may be blessed by Thy gift of physical sustenance through this food. Let us find the fellowship that creates an appetite. May we enjoy it as a blessing from Thee. *Amen.*

Dear Lord, as Thou hast given us life and food to sustain it, so may we return unto Thee our thanks; in the name of Christ our blessed Lord. *Amen.*

Our Father, in Thee we put our trust. We ask that Thou wilt abide with us. Bless these material elements that

sustain our lives. Prepare us to receive them; in Thy name. *Amen.*

Our Father, so many times we have failed to acknowledge our dependence upon Thy goodness. Yet Thou hast continued Thy mercies toward us. We are grateful for these and all blessings. In the Master's name. *Amen.*

Heavenly Father, in wisdom Thou hast revealed so many things to us, Thy children. Thou hast shown us how to provide for others; Thou hast fed our bodies and nourished our souls. We offer Thee our thanks. *Amen.*

Eternal Father, these tokens of Thy love that are before us, these friends and relatives who gather here to be blessed, remind us to bow and offer Thee our gratitude. Bless this food and use us as Thou wilt. *Amen.*

O God, by all we have received from Thee, we know Thou hast given more than we can ever deserve. For every expression of Thy love and tender care, we offer Thee our thanks. *Amen.*

Gracious Father, make us thoughtful and sincerely grateful to Thee for Thy continual blessings. They are many more than we deserve. Bless all who call upon Thy name. *Amen.*

In the strength of this fellowship we would abide in Thy presence, O Lord. By the inspiration of Thy Spirit, may we receive Thy blessing. *Amen.*

Our heavenly Father, with the coming of each day, we find Thy goodness multiplied in so many ways. Thou hast made us participants in the joy of fellowship and the sustaining food for our daily lives. We are grateful. *Amen.*

Our Father, who art nearer to us than our breathing, we ask Thy blessing upon us as we join in the fellowship of this home. Around this table we receive Thy bountiful provision for our physical needs. We are grateful. *Amen.*

Our Father,

By all we have seen,
Through all we have enjoyed,
We thank Thee, Lord, for food,
And pray Thy blessing upon
Thy people everywhere. *Amen.*

Immortal Father, we give Thee thanks for this nourishing food. Thou hast provided more than we deserve. Bless us; in Thy name. *Amen.*

Eternal love we have received from Thee, O Lord; eternal hope we experience in Thy presence; the food we need comes from Thee. Accept our thanks; in the Spirit of Christ. *Amen.*

Our Father, we are amazed at Thy generosity to us. So much hast Thou given that we are unable to acknowledge. Yet we try to express our thanks for Thy goodness; in the Master's name. *Amen.*

We thank Thee, Lord, for Thy fatherly goodness to us. In these material provisions we find Thy love expressed so

wonderfully. May we accept them in the spirit of thanksgiving. *Amen.*

For this food so kindly given, we offer Thee our thanks. Preserve us and direct our lives according to Thy will; through Jesus Christ our Lord. *Amen.*

Our Father, as Thou hast blessed us with the elements of living bread, so may we give freely to Thy service. In the Master's name. *Amen.*

For food that gives us strength and health,
For friendliness that inspires our hearts,
For family fellowship that brings peace,
We thank Thee, Lord. *Amen.*

Heavenly Father, may we be conscious of Thy generosity as it is symbolized in this food. We acknowledge our dependence upon Thee; Thy concern for us is ever before us. With grateful hearts we offer thanks; in the Master's name. *Amen.*

In humble trust, we bow in Thy presence, O Lord. With all Thou hast given, may we find cause for rejoicing. In the name of Christ we pray. *Amen.*

Heavenly Father, as Thou hast created this food for our physical preservation, may we be sustained by Thy presence. *Amen.*

Our Father, with singleness of purpose we bow and offer thanks for this expression of Thy love. May we use it to Thy glory; in Jesus' name. *Amen.*

For the glory of the morning,
And the rising of the sun,
For the blessing of this food,
For the day that has begun,
We give Thee thanks, O Lord. *Amen.*

Our Father, teach us to be thankful for these and other blessings that come from Thy generosity. Be with us and prepare our hearts for fellowship. In Thy name. *Amen.*

Thou, O Lord, art the Guardian of our lives, the Provider of every necessity, the Renewer of every hope. We thank Thee for these evidences of Thy love. *Amen.*

Our Father, as Thou dost equip us for meeting the physical needs of this day, be with us as we partake of food and drink. In Thy name. *Amen.*

Renew our thoughts, O Lord, and bless us with insight for this day. Thou hast given us food and drink; Thou hast enlarged our vision. We are grateful for everything. *Amen.*

Our Father, Thou hast given more than we could ask or think, in providing for our needs. We thank Thee for Thy guidance and blessing as we receive the food that is before us. In the Master's name. *Amen.*

Heavenly Father, cleanse the thoughts of our minds by the presence of Thy Holy Spirit. Make us adequate for the responsibilities we face. With gratitude we offer ourselves in Thy service. *Amen.*

In Thy presence we wait, O Lord. We would receive Thy blessing as we eat this food. In fellowship and unity we would be Thine; in the Master's name. *Amen.*

Our Father, strengthen our minds and inspire our hearts for the responsibilities that are before us. Help us to be useful and effective as we try to obey Thy will as we understand it. *Amen.*

May the light of Thy love abide with us as we find sustenance through this food, O Lord. We thank Thee for Thy kindness toward us. Make glad our hearts; through Jesus Christ our Lord. *Amen.*

Our Father, in this fellowship of Thy generosity, make us Thine in deed and in truth. With humble hearts and sincere minds we offer unto Thee our thanks for the blessing of food; in Jesus' name. *Amen.*

Look upon us, O Lord, with understanding love. Strengthen us for the work we are to do; help us to increase in knowledge, that we may do Thy will; through Jesus Christ our Lord. *Amen.*

Eternal Father, Thy grace has sustained our lives to see this good hour. Thy tender care reminds us to be grateful for every blessing. Renew our thoughts and direct our minds; in the spirit of Christ. *Amen.*

With hope renewed and minds alert to the meaning of Thy power, we thank Thee for this feast that we enjoy. Help us to find our strength in Thy presence; in the name of Christ. *Amen.*

Refine our thoughts, O Lord; purge our lives of all that would separate us from one another. Bless this food; may we receive it thankfully. *Amen.*

Preserve us, O Lord, and fit us for the reception of this food. By all we find in Thee, inspire us to seek the noblest in others; in the Master's name. *Amen.*

We worship Thee, O Lord, and ask Thy blessing upon those who partake of this food. Increase our capacity for fellowship and endow us with friendliness. Accept our thanks for all Thou dost provide. *Amen.*

Our Father, we consecrate our lives to Thee, and ask Thy blessing upon us as we enjoy these symbols of Thy love and care. Be with us and watch over us. Prepare us to be of service to those whom we should love. *Amen.*

Heavenly Father, prepare us for receiving this food. Help each member of this family to contribute to the harmony of this home. We are thankful for the food Thou hast given. *Amen.*

We thank Thee for the bread of life and ask that we may receive it with gratitude. Bless us and be with us as we try to find Thy way for our lives. In the attitude of Christ, we pray. *Amen.*

We love this fellowship of friends, O Lord. By the living faith of Christ our Lord, we offer unto Thee our thanks for every blessing. *Amen.*

Our Father, fit us to receive these blessings and feed us by the inspiration of Thy Spirit. With gratitude we look to Thee; in the name of Christ. *Amen.*

Our Father, who hast given abundantly and freely, we are grateful for this food. Abide in our hearts as we commune with Thee and enjoy one another's fellowship. *Amen.*

Heavenly Father, may the constancy of Thy love abide with us as we enjoy the fellowship of this company. Bless this food and help us to receive it with gratitude; in Jesus' name. *Amen.*

Our Father, let us find in this family circle the fellowship of love and service. May we be truly thankful for these blessings Thou hast given; through Jesus Christ our blessed Lord. *Amen.*

With gratitude we open our hearts to Thee, O Lord. Strengthen us for the duties of this day that we may accomplish Thy purpose for our lives. Make us effective; in the name of Christ. *Amen.*

Heavenly Father, clothe us with the obligation to be useful in all we do for Thee. We thank Thee for another opportunity of service. Bless this food. For Christ's sake. *Amen.*

For the living bread of life, we offer Thee our thanks, O Lord. Thou hast given abundantly. Thou hast blessed us beyond measure. *Amen.*

Our Father, we confess our unworthiness to Thee and ask Thy blessing upon Thy people everywhere. May the hungry be fed and the thirsty be given drink. Thou hast provided for our needs. We thank Thee for this repast; may we receive it in the name of Christ. *Amen.*

As we enjoy this feast, O Lord, may we resolve to serve our fellow man, whose welfare is our responsibility. With humble thanks we seek to share; in Thy name. *Amen.*

Our Father, may our devotion to Thee find expression through all we are able to do for others. Feed our bodies here, that we may become useful in Thy service; through Jesus Christ our Lord. *Amen.*

With humble gratitude,
We thank Thee for this meal.
May we receive this food
Through fellowship revealed. *Amen.*

Dear Lord, make us steadfast in our devotion to Thee. As we share this blessing of food, make us mindful of those who need our assistance. May we render assistance willingly; in Jesus' name. *Amen.*

With love and thanksgiving in our hearts, we bow in the presence of friends to ask Thy blessing on this food, O Lord. Accept our thanks; in the name of Christ. *Amen.*

Heavenly Father, renew our thoughts and fit us for Thy service. Create in our lives a sense of responsibility, that we may find the work of this day and do it with gladness. We thank Thee for this expression of Thy love. *Amen.*

Our Father, continue in our lives Thy presence, and bless us by Thy guidance. We need this fellowship as we share this food. We are humbly grateful for it. In Jesus' name. *Amen.*

Be with us, our Father, as we bow and ask Thy blessing. Forgive our mistakes, and help us to become what Thou wouldst have us be. Bless this food; may we use it for the nourishment of our bodies; in the name of Christ. *Amen.*

Our heavenly Father, for the meaning of this hour in all its life-giving power, we offer Thee our thanks. Continue to bless Thy children and bestow Thy presence upon us. *Amen.*

O Lord, establish Thou the work of Thy hands upon us. As we receive this food, may we be blessed by Thy presence. With gratitude we pray. *Amen.*

Dear Lord, may we render unto Thee our thanks for the continuance of our lives and the provision of good food. With loving devotion we accept Thy blessing; in the name of Christ our Lord. *Amen.*

Grateful are we, O Lord, for all we now receive: for life, for food, for clothing, for friends and fellowship, for home and family. For love of each one we give Thee thanks. *Amen.*

Almighty Father, who hast blessed us with this meal, who hast granted us another day, grant us peace. Fill our hearts with a hunger for Thy presence, that as we call

upon Thee for aid, we may give thanks for Thy blessing. In Thy name we pray. *Amen.*

Gracious Father, we humbly pray that Thou wilt bless our family. We are grateful for Thy presence here and this sustaining food. Grant us Thy peace; through Jesus Christ our Lord. *Amen.*

Our Father, who hast given every blessing, we are thankful for this portion of life-giving substance that sustains our bodies. Prepare us in heart and mind as we accept it in Thy name. *Amen.*

Our Father, may the wholesome spirit of Thy grace undergird our lives and fit us for the service of another day. We thank Thee for all Thy benefits; through Jesus Christ our Lord. *Amen.*

Our Father, we would find anew the meaning of Thy goodness to us. Bless this food and purify our minds and hearts to receive it in Thy name. *Amen.*

Almighty Father, who hast given us health and strength and daily food, we ask Thy blessing upon us as we receive this food. Grant us grace to accept it in the spirit of thanksgiving. *Amen.*

Our Father, reinforce our lives through Thy sustaining grace. Equip us for meeting the demands of our work during this day. Help us to face the day with optimism and serenity; in the Master's attitude. *Amen.*

Eternal God, our Father, prepare our hearts to receive the blessing of these material provisions. May the power of Thy love sustain us and make us glad. With vision and hope we face this day; in the Master's name. *Amen.*

So full of strength and power is this food Thou hast given! With humility and gratitude we would receive it; in the spirit of Him who gave His life for us. *Amen.*

We have received of Thee, O Lord, these symbols of Thy love. Enable us to find in them the sustaining elements of spiritual as well as physical sustenance. We are grateful for all Thy benefits to us. In Jesus' name. *Amen.*

Our Father, make us aware of our dependence upon the abundance of Thy grace. We have the benefits of Thy bounty before us. We are thankful. *Amen.*

Our Father, in this day that Thou hast made, help us to keep in touch with reality. Bless all the efforts we put forth to do Thy will as we understand it. Bless this repast as we receive it; in Thy name. *Amen.*

Our Father,

Thou has blessed our lives today

With this symbol of new life;

We would thank Thee as we say,

"Guide and keep us free from strife" *Amen.*

Heavenly Father, we thank Thee for the presence of those near and dear to us. As Thou dost provide our food, may we accept it in the spirit of humility and thanksgiving. *Amen.*

Our Father, so fill our hearts with Thy love that we may share the meaning of Christian grace. In the Master's name. *Amen.*

Our heavenly Father, may the constancy of Thy love abide in our hearts as we eat this food. Thou hast blessed us abundantly. We are thankful. *Amen.*

By faith we gather 'round this table to receive Thy blessing. In Thee we trust and offer our thanks; through Jesus Christ our Lord. *Amen.*

CHILDREN'S GRACES

With gratitude and thanks renewed,
We bless Thee, Lord, for this our food. *Amen.*

In Thee we trust, O Lord, as we ask Thy blessing on us.
Be with us as we eat. Remind us to be thankful. *Amen.*

Thy blessings on us, Lord, we ask,
As we prepare for every task. *Amen.*

Our Father, create in our lives obedience to Thee and to our parents. We thank Thee for this food. *Amen.*

Our Father,
In the beauty of this morning,
Through the fellowship we share,
May the day receive adorning
Through Thy blessing and Thy care. *Amen.*

Our Father, Thou hast blessed us with food. We give thanks and would share it. In Jesus' name. *Amen.*

Thou art our strength, O Lord;
Thou art the Living Bread.
Thou art the all-sufficient word;
Thy grace is on us shed.
We are thankful. *Amen.*

Dear Lord,

Thy love is on us shed
Through this our daily bread.
We thank Thee, one and all,
As on Thy name we call. *Amen.*

With joyful hearts we turn to Thee, our Father. Bless us as we eat this food, and make us thankful. *Amen.*

Our Father,

Thou hast bread so kindly given;
Thou hast shed on us Thy love.
Thou hast blessed us and forgiven,
Through Thy kindness from above.
We thank Thee, Lord. *Amen.*

Dear Father, fill our hearts with love for Thee. May we love one another. Bless our food. In Jesus' name. *Amen.*

Heavenly Father,

Now thank we for this hour
Of sharing in this place.
We bow and seek the power
Of Thy redeeming grace. *Amen.*

Bless us, Father, and help us to share our food. We thank Thee for everything. *Amen.*

Our Father,

Free us from greed, that we may share;
Open our hearts, that we may care for
others.

Let us find gratitude for all Thou hast
given. *Amen.*

Our Father, make pure our thoughts and help us to be thankful for this food. In the Master's name. *Amen.*

Lord, be with us and bless us. Cause Thy face to shine upon us. May we thank Thee for this meal. *Amen.*

Continue to us these blessings of food and drink. Bless us as we give thanks. *Amen.*

All glory be to Thee, O Lord,
For every blessing dear.
We bow our heads around this board
And know that Thou art near. *Amen.*

May Thy tender care abide with us here. We are grateful for this food. In Jesus' name. *Amen.*

Our Father, with all our hearts we give thanks for all Thou hast given. Make us glad to receive it; in the Master's name. *Amen.*

Heavenly Father,

So filled with gratitude are we
That now our heads we bow.
We ask Thy blessing, and we see
It here before us now. *Amen.*

Thy love to us is great. We thank Thee for Thy guidance. Bless us as we give thanks. *Amen.*

Dear Lord and Father of us all, bless us with health and strength. Thank you for this food. *Amen.*

In silence and in love we bow to thank Thee, Lord. Bless us as we eat. In Jesus' name. *Amen.*

Our Father, with thankful hearts we lift our prayer to Thee. This food reminds us of Thy goodness to us. *Amen.*

Our Father, let us find here 'round this table a happy experience. Bless every member of this family. We thank Thee for this good food. *Amen.*

Our Father, we are grateful for the family circle. Make us strong to do Thy will. In Jesus' name. *Amen.*

Heavenly Father, let the beauty of Thy love abide with us as we receive this food. *Amen.*

Lord, bless this morning to our good;
Provide our sustenance through food. *Amen.*

Our Father, with humility we thank Thee for this meal. We would thank Thee for it in Jesus' name. *Amen.*

Lord, grant that we may serve and give
As in Thy presence now we live. *Amen.*

Our Father, for the blessings of this day we give thanks. Make us strong to obey Thee. *Amen.*

Through kindness and through love,
We pray to God above.

We ask His blessing on this food
That feeds our souls with living good. *Amen.*

Lord, for the blessings of this day we give Thee thanks. In Jesus' name. *Amen.*

Our Father, we remember Thy goodness and mercy. Be with us and bless us. We thank Thee. In Jesus' name. *Amen.*

Our Father, may we never forget to give thanks for Thy blessing to us. Bless us everyone. *Amen.*

Dear Lord, in this home we offer thanks for Thy love toward us. In the Master's name. *Amen.*

O Lord, Thy table here is spread,
Which we are pleased to share;
We give Thee thanks for daily bread,
And for Thy love and care. *Amen.*

By all we have received and shared, Dear Lord, we know Thy love for us is strong. We thank Thee. *Amen.*

Our hearts belong to Thee, O Lord;
Our love is in Thy care.
May we in tenderness afford
With every one to share. *Amen.*

Our Father, we would be true to Thee. Bless us as we share this meal; in Thy name. *Amen.*

Our Heavenly Father, may we share our gladness with those who live here. With thankful hearts we praise Thee and thank Thee for this food. *Amen.*

Bless us, our Father. Prepare our hearts for receiving Thy blessing. In Jesus' name. *Amen.*

Heavenly Father, may Thy generosity to us be a reminder that we are to be kind to others. Bless us as we eat this meal. In the Master's name. *Amen.*

Sincerely, Lord, we give Thee thanks
For this our daily bread;
Now may we share with others too,
Until all men are fed. *Amen.*

To Thee, our Father, now we come
To ask Thy blessing on our home.
Help us Thy fellowship to share
As here we offer Thee our prayer. *Amen.*

Kind Father of us all, bless us with Thy presence here.
Fit us for this day. We are grateful for this food. *Amen.*

Thy blessing be upon us, Lord, as we prepare to receive this food. We thank Thee for new strength. In Jesus' name. *Amen.*

Our Father, let us find in this food the strength we need throughout this day. *Amen.*

Our Father, by whose hand we are fed, we bless Thee for this living bread. In the Master's name. *Amen.*

Hear our prayer, our Father, as we give thanks for this meal. May we have Thy blessing. *Amen.*

ANNIVERSARY GRACES

NEW YEAR'S DAY

O God, who hast been our help in ages past, Thou art ever the same today. We would thank Thee for Thy great blessing of food which we receive on this New Year's occasion. Bless us with Thy continued presence; through Jesus Christ our Lord. *Amen.*

Another year has dawned upon us. We face this day with gratitude and thanksgiving in our hearts. Inspire us to be useful and effective throughout the coming days. We bless Thy name. *Amen.*

EPIPHANY

Our Father, as the Light of the Christ has shown in the hearts of men through the ages, may Thy presence abide with us in this holy season. We are thankful for this feast Thou hast set before us; in the spirit of Christ we pray. *Amen.*

Heavenly Father, as Thou didst guide the Wise Men of old, direct us and bless us as we receive this blessing of food in Thy name. *Amen.*

ASH WEDNESDAY

Our Father, as we are reminded of our sins, we would repent and ask Thy forgiveness. Thy mercy is everlasting.

Thou hast blessed us with these tokens of food and drink. May we find in them Thy preserving strength; through Jesus Christ our Lord. *Amen.*

Thou, O Lord, art our strength. We need Thy forgiveness. On this day of penitence, draw near and help us to be thankful for Thy sacrificial love. We are grateful for this meal. Help us to find the strength we need; through Jesus Christ our Lord. *Amen.*

PALM SUNDAY

We rejoice in the kingship of our Saviour. We pray that we may be endowed with His humility. Grateful are we, our Father, for this blessing of sustaining love that we are to receive in Thy name. *Amen.*

Our Heavenly Father, may we rejoice that Thou didst send the Prince of Peace into the world to redeem us from sin. Inspire us to accept Him as the Lord of our lives. With gratitude we lift our hearts to Thee. *Amen.*

MAUNDY THURSDAY

Our Father, as we recall the meaning of the Last Supper of our Lord with His disciples, our hearts are warmed by His humility. Bless us with that spirit as we partake of this meal. We are thankful for His example and His redemptive work; in His name we pray. *Amen.*

Our Father, may we share the humility of Him who came as Thy revelation of truth and love. With gratitude we receive the elements of this meal; in the Master's name. *Amen.*

GOOD FRIDAY

Our Father, we bow with heavy hearts when we think of the sacrificial love of our blessed Lord. We would follow Him to Golgotha as He bore the cross for us. Help us to live in His forgiving presence. We thank Thee for this repast; in the Master's name. *Amen.*

Our Father, with gratitude we come to ask Thy blessing upon these elements of food. May we accept them in humility and with faith; in the name of our crucified and risen Lord, we pray. *Amen.*

EASTER

Our Father, who didst bring from the grave our blessed Saviour, we rejoice as we hear the good tidings of eternal life through Him. We are thankful for this food. *Amen.*

Thou, O Lord, hast inspired us through the message of Easter. We are grateful for the sunrise of this beautiful day. With gratitude we bow in Thy presence. *Amen.*

Through faith in Christ, who is our eternal hope, we bow in Thy presence. We offer our thanks to Thee for all Thy mercies to us; in Thy name. *Amen.*

Heavenly Father,

With hope that guides our way,

By love that redeems our souls,

Through fellowship that makes us happy,

Inspire us to be thankful. *Amen.*

MOTHER'S DAY

For those unselfish souls who labor in the building of homes, we give Thee thanks, O Lord. Bless our home and make us mindful of Thy providential care. *Amen.*

Our Father, we find here

A loveliness in every touch,

A thoughtfulness of every one,

A kind word for those she loves.

We thank Thee for our mother. *Amen.*

FATHER'S DAY

Our Father, as we honor our father, may we receive the blessing of Thy love and care. We are grateful for this day of thoughtfulness. With gratitude we receive this meal. *Amen.*

Heavenly Father, we would honor him who provides for this home and cares for his children. Bless this meal and help us to receive it with gratitude. *Amen.*

MEMORIAL DAY

Our Father, as we observe this day in memory of those who gave their lives for their country, help us to work for peace. We thank Thee for Thy provision for our needs. Bless us now and use us for Thy service; in Jesus' name. *Amen.*

Our Father, in living remembrance of those who gave their lives in our behalf, we pray for peace. Preserve Thy people in fellowship and understanding. We offer Thee

our thanks for every blessing; through Jesus Christ our Lord. *Amen.*

CHILDREN'S DAY

Our Father, who hast blessed our homes with little children, we are grateful. Enable us to provide a happy home for those who abide here. With gratitude we receive this food. *Amen.*

Heavenly Father, in this day we set apart for children, make us attentive to their care. Bless this home and make us grateful for Thy provision for our needs. In Jesus' name. *Amen.*

INDEPENDENCE DAY

Gracious Father, we thank Thee for freedom and its meaning in this good land. Help us to preserve it for every person on earth. With gratitude we eat this food. In Thy name. *Amen.*

Dear Lord, we thank Thee for a country where persons are interdependent. Let us find here the Christian fellowship of those who worship Thee. In the spirit of Christ we thank Thee for our daily bread. *Amen.*

THANKSGIVING

Our Father, we praise Thee for the festivities of this happy occasion. As we remember with gratitude the mercies Thou hast bestowed upon our lives, we rejoice. We thank Thee for this feast; in the spirit of Christ. *Amen.*

O Lord, our Lord, we praise Thee for Thy goodness to us. With steadfast faith in Thy providential care, we offer Thee our thanks for every blessing that has come our way. In abundance Thou hast provided for our needs. *Amen.*

CHRISTMAS EVE

Our Father, in the light of the guiding star, we bow at Bethlehem's cradle. Our hearts are warmed by the happy faces of little children. We are grateful for Thy gift of the Christ child whom we adore; in Thy name. *Amen.*

On this night of nights, O Lord, our hearts rejoice. We read the story and rejoice because Thou hast sent Him. Let us share this food in the spirit of His life, and let us find the beauty of His eternal presence. *Amen.*

In the hope of this new star that guided the Wise Men to His cradle, we give Thee thanks for this food. *Amen.*

CHRISTMAS

Eternal God our Father, who didst send Thine only Son to reveal Thy purpose, we thank Thee for His coming. On this anniversary of His birth, we give our thanks for every blessing we here receive; in His name. *Amen.*

Help us, O Lord, to keep Christ at the center of our observance of His birth. On this joyous occasion we unite our hearts in prayer, that He may dwell in us through all our days. With loving gratitude, we thank Thee for this abundance of food we now receive. In the spirit of Christ. *Amen.*

YEAR'S END

"Lord, Thou hast been our dwelling place in all generations." We thank Thee for the number of days Thou hast given us on this earth. Make glad our hearts as we complete this cycle of time, with all its benefits. They are from Thy hand. We are thankful for all. In Thy name. *Amen.*

We pause to give thanks for Thy goodness to us, our Father. Thou hast brought us on our way to this, another Year's end. Thou hast blessed us with food. With humble thanks we would accept it; in the Master's name. *Amen.*



